

LifeTrakTM Core



Information Guide

HOW TO CHANGE YOUR BANDS

The bands of your C200 are reversible and replaceable:

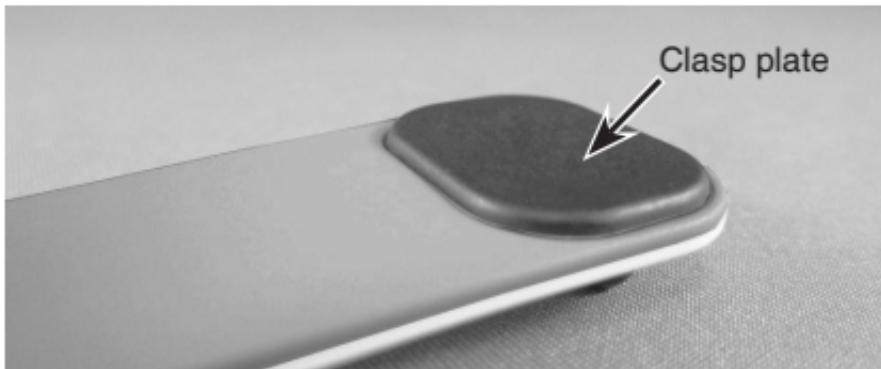
1. Carefully slide the bands off the Core. The bands can slide in either direction.



C200 bands are available in a variety of colors.
Visit us at **LifeTrakUSA.com**

HOW TO CHANGE YOUR BANDS

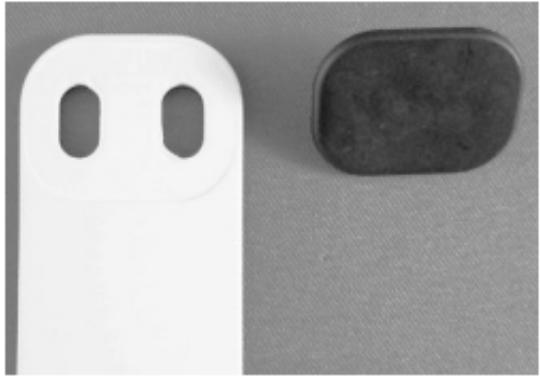
2. On the short band (top band), remove the Clasp plate by pulling up and away from the band.



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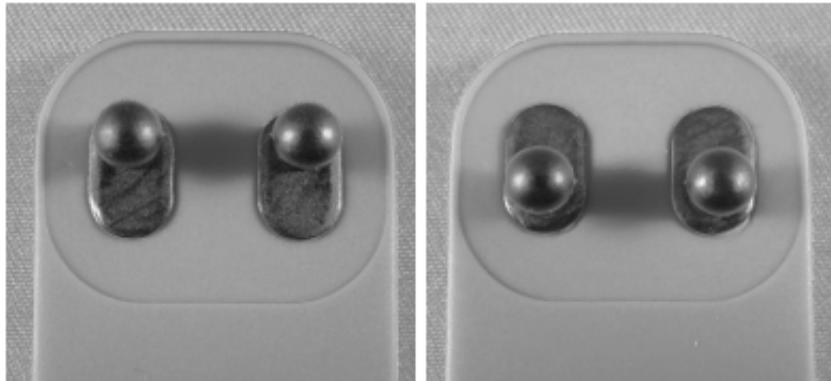
3. Place the Clasp on the reverse side of the band into the two holes. Press firmly around the two holes to secure the Clasp. You may hear it snap in place.

Make sure the base of the Clasp pins are fully secured into the band (see image below).

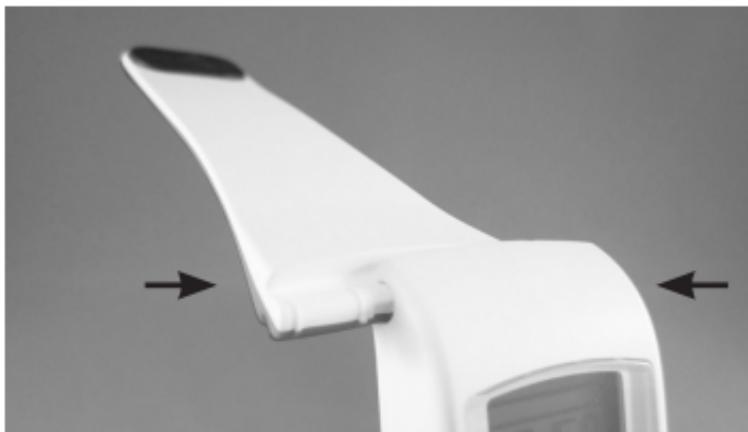


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4. For a more refined fit, the Clasp can be rotated before placing into the band.



5. Carefully slide the bands back onto the Core. The bands can slide in either direction.



ALL-DAY CALORIE

Your C200 allows for a more comprehensive calorie count by factoring in calories burned simply through living, in addition to any exercise and activity. This is a great tool to compare against your daily calorie intake!

Your C200 will also provide a more accurate calorie count by calculating in your heart rate reading whenever it is taken. So remember to get your heart rate throughout the day and more frequently during your exercise.

HELPFUL HINTS:

ALL-DAY CALORIE

1. Your body is always burning calories, even when sleeping or not in motion. Our All-Day Calorie meter accounts for these calories burned.
2. You will see calories burned even during periods of non-activity.

AUTO CALIBRATED DISTANCE

For a more accurate distance, your C200 adjusts your stride length based on how fast you are walking or running.

HELPFUL HINTS:

STEP COUNT

If you are having difficulty acquiring your steps, try the following:

1. Take 30 - 40 steps before checking your step count.
2. If your steps are being over or undercounted, try adjusting the sensitivity level (in Advanced Setup).

Step count is determined by actual steps. Arm motion can affect this count.

HELPFUL HINTS:

HEART RATE

If you are having difficulty acquiring your heart rate, try the following:

1. Make sure your C200 is snugly strapped to your wrist. A loose fit makes it more difficult to properly measure your heart rate.
2. Upon putting your C200 on for the first time, allow one minute to warm up before trying to obtain your heart rate.
3. When touching the heart sensor button (**VIEW**), make sure you are using the soft, flat pads of your fingers, not the tips of your fingers.
4. Touch gently with enough pressure to activate the heart sensor button (**VIEW**). Pressing too hard can make it difficult to measure your heart rate.

HELPFUL HINTS:

HEART RATE

5. Make sure the back metal plate of your C200 is laying flat on your skin.
6. Make sure your wrist and fingers are clean and free from dirt, oils, or lotions.
7. Clean the heart sensor button (**VIEW**) and back metal plate with a mild soap and water, or similar cleaning solution.
8. Moisten with water the pads of the fingers you are using to contact the heart sensor button (**VIEW**).
9. Moisten with water the surface between the back metal plate of your C200 and the skin on your wrist.

CARE & MAINTENANCE

- Your C200 buttons are not intended for use in or under water as this may cause water leakage.
- Avoid rough usage or severe impacts.
- Keep the heart sensor button (**VIEW**) and back metal plate free from dirt, oils, or other contaminants.
- Periodically clean your C200 using a soft cloth with mild soap and water, or similar cleaning solution.
- Keep your C200 out of extreme heat or cold.
- Do not expose Your C200 to intense direct sunlight for long periods of time.
- Do not expose your C200 to chemicals such as gasoline, alcohol, or solvents.

BATTERY

Battery replacement will be required from time to time, and should occur when:

- The display fades in part or completely
- The Heart Rate function will not activate

The battery life will vary depending on usage.

We recommend battery replacement be done by a watch repair service center to ensure the water seals are not compromised during the process.

Your C200 uses one (1) standard lithium replacement battery: **CR2032**

PATENT

Your C200 and S-Pulse™ technology are a result of, and protected by, the following patents:

US: 5,738,104 & 5,876,350
Europe: EPO 0861045B1

**LIMITED
ONE (1)
YEAR
WARRANTY**

Your C200 is warranted for a period of **one (1) year** from the date of purchase from an authorized retailer.

If defective, return it with the original receipt, or copy, to your original retailer or to LifeTrak for a replacement.

This warranty covers defects in materials and workmanship only. It does not cover the battery, damage due to abuse or misuse, accidents, or any commercial use.

LIMITATIONS

The warranty stated above is the only warranty applicable to this product. All other warranties, expressed or implied, including all implied warranties of merchantability or fitness for a particular purpose, are hereby disclaimed. No verbal or written information given by LifeTrak, its agents or employees shall create a guarantee or in any way increase the scope of this warranty.

Repair or replacement as provided under this warranty is the exclusive remedy of the consumer. LifeTrak shall not be liable for incidental or consequential damages resulting from the use of this product or arising out of any breach of any express or implied warranty on this product. Except to the extent prohibited by law, any implied warranty of merchantability or fitness for a particular purpose on this product is limited to the applicable warranty period set forth above. Consumer rights may vary from state to state.

DISCLAIMER

Your C200 is not a medical device, nor intended for use in medical or patient monitoring applications. It is not intended for use in any commercial application.

Always consult a physician before starting any physical activity.

The features and/or images of your C200 may vary slightly from those described in this guide. The information in this manual is intended to be for informational purposes only, and is subject to change without notice.

SPECIFICATIONS

Workout

Chronograph range: 9 hr,
59 min, 59 sec
Step range: 0-99,999 steps
Calorie range: 0-99,999
Distance range: 621.3 mi /
999.9 km

History

Memory: 7-day memory

Heart Rate

Heart rate range: 30-240
BPM

Time

AM, PM, hour, minute,
seconds
12/24 hr format
Calendar: month, day, date
(w/auto leap year adjustment)

Advanced Setup

Age range: 5-99
Height range: 36-84 in /
100-220 cm
Weight range: 44-440 lb /
20-200 kg

Other

Backlight
Water resistant up to
30 meters

CONTACT

- Email: support@LifeTrakUSA.com
- Website: www.LifeTrakUSA.com
- Phone: 1-855-903-9030
- Mail:

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Newark, CA 94560

For additional band colors, accessories
and other innovative products, visit us at
LifeTrakUSA.com.